



How To Cook Grass-fed Sirloin Boneless Joint

Sirloin is a wonderful joint, and can be kept superbly rare, follow our simple recipe for the ultimate roast

Serves: 4

Prepare: 15 Minutes

Cook: 50 Minutes

Difficulty: easy

Ingredients

- 1 [rolled sirloin joint](#)
- 1 tsp sea salt
- 1 tsp ground black pepper
- 2 tbsp oil

Method

1. Preheat your oven to 200°C/fan 180°C/gas mark 6
2. Allow your joint to reach room temperature before cooking. Heat your oil in a large flameproof roasting tin in the oven for 5-10 minutes
3. Season your sirloin joint with salt and pepper, ensuring a generous covering of fat gets a good application of seasoning, massaging into the fat if needed
4. Remove the roasting tin from the oven and place the beef joint fat-side down in the hot oil, let the meat sizzle to release some of the fat, then turn the beef in the fat to seal and colour it all
5. Return the roasting dish to the oven and roast your joint fat side up, roasting for 20 minutes, before turning the heat down to 170°C and roasting for a further 30 minutes per kg
6. If you have a meat thermometer the perfect core temperature is 54°C for rare and 60°C for medium-rare
7. Remove your sirloin from your oven and place on to a carving board, covering well with two sheets of foil. Rest for a minimum of 20 minutes, or, what we like to do, is rest whilst we make the ultimate roasties using the fat from the sirloin roasting tin
8. Carve roughly 1cm thick slices and serve